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10                   **ABSTRACT OF THE DISCLOSURE**  
11                   **37 C.F.R. 1.77(a)(12)**

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14         A golf or divot practice mat, comprising a base element  
15 and a mark retaining surface operably secured or mounted to  
16 the base element. The mark retaining surface may be a no  
17 carbon required paper, carbon paper, or wax containing  
18 surface, and has one or more simulated golf balls imprinted  
19 thereon. The mark retaining surface may be secured to the  
20 base element by dowels, adhesives, hook and loop fastening  
21 material, or other fastening mechanism. A mark is left on the  
22 mark retaining surface from contact with the golf club head,  
23 which instantly records and characteristics a golf swing,  
24 position, and angle of contact with the simulated golf ball.